

PICK-WIC PAPER

RECIPES

- **STIR FRY**
- **MINSTRONE SOUP**
- **VEGGIE SLAW**
- **RAINBOW KABOBS**
- **RAZZLEBERRY SHIVER**

STIR FRY

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 pound beef or chicken, cut into strips
- 1½ cups broccoli florets
- 1 red bell pepper, sliced
- 2 carrots, thinly sliced
- 1 green onion, chopped
- 1 teaspoon minced garlic
- 2 tablespoons soy sauce, low sodium preferred
- 2 cups cooked brown rice

DIRECTIONS

1. Wash hands and counters with soap and water after handling meat. Wash vegetables before preparing.
2. Heat oil in a large frying pan over medium-high heat. Cook and stir beef or chicken until cooked well-done, about 3-4 minutes.
3. Add vegetables and garlic. Cook/stir for 2 minutes.
4. Add soy sauce. Continue to cook/stir until vegetables are tender, about 2 minutes. Check if meat is fully cooked by using a food thermometer (beef 145 degrees, chicken 165 degrees).
5. Serve over brown rice.

NUTRITION NOTE

This recipe makes 4 servings. Each serving has 359 calories, 13 grams fat, 30 grams protein, 31 grams carbohydrates and 544 milligrams sodium.

Recipe Source: [Utah WIC Recipe Book](#)

FOOD JOKES

What is a scarecrow's favorite fruit?
Strawberry

What kind of vegetable likes to look at animals? Zoo-chini

Source: [Food Hero](#)

WHY BREASTFEED?

"Nothing beats a breastfeeding bond. It's the most rewarding feeling when I'm nursing, and his eyes are smiling back at me."

- Lakeisha, WIC Breastfeeding Mom from Lake Region

MINSTRONE SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 stalks celery, diced
- 1 large carrot, diced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 cup chopped green beans
- 6 cups vegetable broth, low sodium preferred
- 1 can (15-16 ounces) cannellini beans, low sodium preferred
- 1 cup whole wheat macaroni
- 4 Roma tomatoes, chopped
- 2 cups fresh baby spinach

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oil in a large pot over medium-high heat. Add garlic, onion, celery and carrots. Sauté until slightly tender, stirring occasionally.
3. Add basil, oregano, green beans and broth. Bring to boil.
4. Add cannellini beans and macaroni. Return to boil. Reduce heat and simmer, covered, until pasta is tender, about 8-10 minutes, stirring occasionally.
5. Stir in tomatoes and spinach. Remove from heat.
6. Season to taste with salt and pepper before serving.

NUTRITION NOTE

This recipe makes 4 servings. Each serving, using low-sodium broth and beans, has 280 calories, 4 grams fat, 12 grams protein, 51 grams carbohydrates and 370 milligrams sodium.

Recipe Source: [Wisconsin WIC Cookbook](#)



VEGGIE SLAW

INGREDIENTS

- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 1 medium carrot, shredded
- 1 granny smith apple, peeled and shredded
- 1 tablespoon lemon juice
- ¼ cup light poppy seed dressing

DIRECTIONS

1. Wash hands with soap and water. Wash all produce before preparing.
2. Mix cabbages, carrot and apple in a medium bowl.
3. Pour lemon juice and dressing over vegetable mixture. Mix well.
4. Chill for 1-2 hours before serving.

NUTRITION NOTE

This recipe makes 6 servings. Each serving has 58 calories, 2 grams fat, 0 grams protein, 10 grams carbohydrates and 2 milligrams sodium.

Recipe Source: [Utah WIC Recipe Book](#)

RAINBOW KABOBS

INGREDIENTS

- 6 straws or skewers (8-inch or longer)
- 6 ounces Monterey jack cheese, cut into 18 cubes
- ½ cup strawberry halves
- ½ cup cantaloupe, cut into ¾-inch cubes
- ½ cup pineapple, cut into ¾-inch cubes
- 1 kiwi, peeled and cut into 6 pieces
- ¼ cup blueberries
- 6 purple grapes

DIRECTIONS

1. Wash hands with soap and water. Wash all fruit before preparing.
2. Thread onto a straw/skewer, a piece of cheese, a strawberry halve, a cantaloupe cube, a pineapple cube, another piece of cheese, a piece of kiwi, 2 blueberries, a grape and another piece of cheese.
3. Repeat pattern with remaining straws.

NUTRITION NOTE

This recipe makes 6 kabobs. Each kabob has 130 calories, 9 grams fat, 7 grams protein, 7 grams carbohydrates and 170 milligrams sodium.

Recipe Source: [South Dakota WIC Recipe Cookbook](#)

WIC TIP

Fruits and vegetables provide nutrients important for health. Set a good example for your children by eating them every day with meals and snacks. Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor. Check out [foodhero.org](https://www.foodhero.org) for more tips and recipes using a variety of fruits and vegetables.

RAZZLEBERRY SHIVER

INGREDIENTS

- 1 cup raspberries
- 2 bananas
- ½ cup plain, low-fat yogurt
- ¼ cup fat-free skim or 1% milk
- 1 teaspoon sugar

DIRECTIONS

1. Wash hands with soap and water. Wash fruit before preparing.
2. Put all ingredients into a blender. Blend until smooth.
3. Divide mixture into four small bowls. Freeze for about 2 hours before eating.

NUTRITION NOTE

This recipe makes 4 servings. Each serving has 100 calories, 1 gram fat, 3 grams protein, 21 grams carbohydrates and 30 milligrams sodium.

Recipe Source: [Food Hero](https://www.foodhero.org)

REFER TO WIC

Let friends and family know about WIC. Scan the QR code to find a WIC office near you.



TAKE A SCREEN BREAK!

Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.

This institution is an equal opportunity provider.